



Aussie-Spiced Chicken & Mustard-Cider Salad

with Garlicky Croutons & Parmesan Cheese

CLIMATE SUPERSTAR

Grab your meal kit with this number

20



Chicken Tenderloins



Aussie Spice Blend



Celery



Tomato



Garlic



Bake-At-Home Ciabatta



Mixed Salad Leaves



Mustard Cider Dressing



Parmesan Cheese



Chicken Tenderloins



Beef Strips

Prep in: 15-25 mins
Ready in: 15-25 mins

Eat Me Early

Sometimes only a bountiful Aussie chicken salad will do! With croutons, celery, tomato and Parmesan cheese, you've got all of the additions to make the perfect salad. This one stands out though, with its gorgeous mustard-cider dressing.

Pantry items

Olive Oil, Honey, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
honey*	1 tbs	2 tbs
celery	1 medium packet	1 large packet
tomato	1	2
garlic	1 clove	2 cloves
bake-at-home ciabatta	1	2
butter*	20g	40g
mixed salad leaves	1 medium packet	1 large packet
mustard cider dressing	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2841kJ (679Cal)	640kJ (153Cal)
Protein (g)	51.5g	11.6g
Fat, total (g)	22.9g	5.2g
- saturated (g)	9.8g	2.2g
Carbohydrate (g)	64.3g	14.5g
- sugars (g)	8.6g	1.9g
Sodium (mg)	1478mg	333mg
Dietary Fibre (g)	6.2g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken tenderloins** and **Aussie spice blend**, tossing until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat and add the **honey**, turning to coat.

TIP: Chicken is cooked through when it is no longer pink inside.

3



Make the croutons & toss the salad

- Halve **bake-at-home ciabatta** and toast to your liking.
- Meanwhile, in a medium microwave-safe bowl, microwave **garlic** and the **butter**, in **10 second** bursts, until melted and fragrant.
- Cut or tear **toasted ciabatta** into bite-sized chunks and add to bowl with garlic butter, tossing to coat. Season with a pinch of **salt**.
- In a large bowl, combine **celery**, tomato, **mixed salad leaves**, **mustard-cider dressing**, **toasted garlic ciabatta** and a drizzle of **olive oil**. Season.

2



Get prepped

- Meanwhile, finely chop **celery** and **garlic**.
- Slice **tomato** into wedges.

4



Serve up

- Slice chicken.
- Divide mustard-cider salad and garlicky croutons between bowls. Top with Aussie-spiced chicken.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF STRIPS

Thinly slice into strips. Cook as above, for 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

